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## Disabled man survives two nights in bush

Man declared missing over the weekend rescued **PAGE 8**

## FROM TONIGHT SHOW INTERN TO HELLO ROSS

CELEBRITY SUPERFAN GETS HELP FROM COMIC TO START SHOW ABOUT HOLLYWOOD'S IN-CROWD **PAGE 21**



## FRIGHT AT D.C.'S NAVY YARD

A man and woman embrace after reuniting at a gathering point for family members of Navy Yard employees that was set up inside Nationals Park in the wake of the shooting Monday in Washington, D.C. Police say a lone gunman shot and killed at least 12 people and wounded others in an incident that put parts of the city on lockdown. **Story, page 10. WIN MCNAMEE/GETTY IMAGES**

# Men's Rights Edmonton starts Calgary branch

**Controversial group.**  
New poster campaign alleges U of A figure is indoctrinating bigotry



ANNALISE  
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annalise.klingbeil@metronews.ca

### New poster

"Theft isn't black.  
Bank fraud isn't Jewish.  
And rape isn't male....  
Don't be that bigot!"

The text on posters by Men's Rights Edmonton, placed around the U of A.

Edmonton Police's "Don't be that Guy" campaign.

Their latest posters feature an image of Gotell, who worked on the original "That Guy" campaign and was quoted in the media regarding MR-E's posters earlier this summer.

A caption reads: "Theft isn't black. Bank fraud isn't Jewish. And rape isn't male. Just because you're paid to demonize men doesn't mean rape is gendered. Don't be that bigot!"

Smaller text states that mayoral contender Don Iveson and Gotell labeled previous ac-

tions of MR-E as cowardly, yet declined an invitation to debate MR-E members live on radio.

Iveson told Metro the group wanted to talk on their podcast.

"I said I would debate them on a neutral ground and on a reputable media source. They refused," he said.

A member of MR-E, who identified himself only as Raz, said after previous MR-E posters were taken down by the U of A, the group located the institution's property lines and placed the new posters around them.

In a phone interview, Raz said the new posters aim to inform people that there are adults in positions of power "educating young people and filling their heads with their bigoted slants."

"We want feminism to fall into the same disrepute as Nazism or the KKK," he said.

WITH FILES FROM RYAN TUMILTY/METRO



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Your support

## Food bank looking for help

Edmonton's food bank needs help, but now they are looking more for people's time than their money or food donations.

Through the summer, some of the food bank's bigger donation drives, including the Heritage Festival and an Eskimos game, brought in huge numbers of donations.

The food bank now need help sorting those donations into hampers for those in need.

The bank accepts volunteers during regular business hours, as well as Tuesday, Wednesday and Thursday evenings.

Volunteers are asked to contact volunteer@edmon-tonsfoodbank.com to get more information. METRO

City approves

## BBQ restaurant all fired up

A proposed BBQ restaurant in Old Strathcona got the green light from city councillors Monday night.

The proposed restaurant, Meat for Dinner, on 104th Street north of Whyte Avenue has been held in limbo because of a provision in the area bylaws that requires a significant amount of parking for restaurants.

While the city's development officer was willing to waive those parking restrictions, a nearby business appealed the development permit this spring and the restaurant was sidelined.

City councillors approved changes to the bylaw Monday that remove those parking restrictions.

METRO



In a divided vote, city councillors rejected a proposed downtown ambulance station Monday night. METRO FILE

# Ambulance station rejected by the city

**Too close.** Station would have been just metres away from residents



**RYAN TUMILTY**

ryan.tumilty@metronews.ca

City councillors rejected a proposed downtown ambulance station on Monday night that would be just a few feet from some residents' bedrooms.

In a divided vote, councillors decided against necessary rezoning to make the project possible. Mayor Stephen Mandel said it was

an extremely difficult situation.

"We desperately need a station but then we have committed to the community to densify and create a more residential community," he said.

"I would like to vote half yes and half no."

Alberta Health Service (AHS) needs a new ambulance station to replace one that is being restricted by the NAIT LRT line.

Dale Weiss, executive director of EMS for the Edmonton zone, said finding a new home for an ambulance station is never easy.

"It was an extremely hard job to find a spot. We have

### Call volume

AHS anticipated about 8,000 responses a year would have come from the proposed station.

been working for two years to find this piece," he said.

He said AHS wants to bring more ambulance service to the area because of the expansion.

"There are the airport lands going in and the rink, and those are big projects that bring a lot of people in," Weiss told councillors.

Wade Kelly, who lives directly beside the proposed

station, pleaded with councillors to reject it.

Kelly said his apartment would be metres from a very busy station.

"That bed would be the closest bed to any ambulance station in Edmonton," he said.

Robert Sharman, a project manager with AHS, said the decision would be a significant setback for providing critically needed ambulance service.

He said he believes they could have worked in the residential neighbourhood.

"I think we would have been a great neighbour; we are a great neighbour in other communities."

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NEWS

# NAIT eyes new opportunity

## Redevelopment.

With City Centre Airport closure, school envisioning expansion on vacated site and consolidated campuses

 RYAN TUMILTY  
ryan.tumilty@metronews.ca

With city councillors set to shut down flights from the City Centre Airport, NAIT is preparing to spread its wings across some of the vacated land.

City councillors will vote Wednesday on a recommendation from their administration to close the last runway at the airport on Nov. 30. Once the runways formally close, they would be removed and the land is expected to see redevelopment next year.

Since the discussion began about the airport's closure, NAIT has expressed an interest in expanding onto the

### Future plans

- The city hopes to turn the airport into a new neighbourhood of 30,000 people that would be powered by renewable energy.
- The closure of the airport also lifts restrictions on building heights in the downtown that currently exist.

site, but the school says it is still in the very early stages.

"NAIT has been working with the city on developing a vision for the land, but details about design and land requirement and all that must still be worked out," said Frank Landry, a spokesperson for the school.

Landry said the school would like to bring all of its campuses together in one spot.

"The long-term vision is for consolidation at main campus, but that is long-

term vision — it is not going to happen in the next few years," he said.

Mark Hall, Edmonton's executive director for the redevelopment, said the city is aware of the plans but the early development will be on a different part of the site.

"We can accommodate them on that side of the field, but it is a pretty high-level consideration at this point," he said.

Hall said the city sees a lot of potential for NAIT's expansion and believes it would make a lot of sense in the new community.

"The synergies that we would have there in terms of students, in terms of the potential to share recreational facilities, it is a linkage that makes a lot of sense."

### More online

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A historic bomber lands at the City Centre Airport. Councillors will vote Wednesday on a proposal to have the last runway closed. METRO FILE



An oilsands facility seen from a helicopter near Fort McMurray.  
THE CANADIAN PRESS FILE

## First Nation reports two more leaks at northeast oilsands site

A First Nation says it is concerned about two other leaks at an oilsands project in northeastern Alberta, bringing the total in recent months to six.

Chief Bernice Martial of Cold Lake First Nation said Monday that she is worried about the safety of drinking water, animals and vegeta-

tion in her region.

In July, Canadian Natural Resources Ltd. said a mechanical failure at an old well was behind ongoing bitumen seepage at its oilsands project on the Cold Lake Air Weapons Range.

About 1.5-million litres of bitumen has since been recovered from bush and mus-

keg in the area.

The band said in a news release that it recently learned of two additional leaks of bitumen, but the Alberta Energy Regulator says they both involved produced water back in May and June.

Spokeswoman Cara Tobin said the waste water from the two sites, about 8,000 litres in

total, has since been cleaned up.

Company spokeswoman Zoe Addington confirmed there have been no further bitumen discoveries.

"Each location has been secured and cleanup of bitumen at the four other sites is ongoing," she said in an email. THE CANADIAN PRESS

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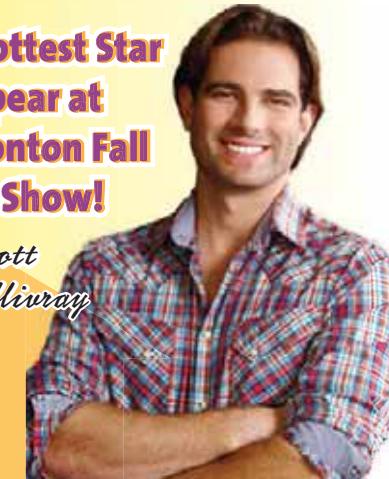
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# Province proposes changes to public-sector pensions

## Early retirement.

Pension plans not sustainable, charges Alta. finance minister



**RYAN  
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Changes are coming to Alberta's public-sector pensions, but so far they don't appear to be the sweeping measures union leaders warned about this past weekend.

Finance Minister Doug Horner announced changes that will come into force in 2016, including making early retirement less lucrative and changing how cost of living increases are determined.

"We recognize that there is no crisis today, but it is the long-term sustainability that we need to address," said Horner.

He said the \$7.5 billion unfunded liability will be increasingly difficult to make up, unless financial markets show a dramatic recovery. He said the plan's demographics make it clear that something has to be done.

"We have more people retired than are contributing to some of the plans," Horner said.

Retiree Kenneth Smith was



**Alberta Finance Minister Doug Horner speaks with reporters about proposed changes to Alberta's public-sector pensions at a news conference Monday.**

RYAN TUMILTY/METRO

on hand for the announcement and said he was glad to hear his pension won't be affected by the changes.

He said any changes to cost of living increases would be really damaging to future retirees.

"The cost of living increases are pathetic; they don't cover the cost of living at all," he said.

### Quoted

**"We have more people retired than are contributing to some of the plans. That, just on the surface, would tell you that is not sustainable."**

Doug Horner, Minister of Finance

Smith said his current pension of about \$12,000 a year is inadequate and if he didn't have other retirement income he would be working part-time as many of his

friends do.

"There are a lot of retirees that can't make ends meet and a lot of them are receiving Alberta government social assistance," he said.

Alberta unions, who spoke out against changes before the announcement on Sunday, said the proposals would ultimately mean less money for retirees.

## West Edmonton

### Senior killed in collision

A 72-year-old woman is dead and another woman in her 70s is in hospital in serious condition after a crash on Sunday evening.

Just before 9:30 p.m., a truck containing a lone occupant and a vehicle with two men and two women, all in their 70s, collided in the intersection of Whitemud Drive and 215 Street. The two men sustained non-life-threatening injuries, according to police.

Larry McMurter, 63, has been charged with impaired operation causing death and refusing to provide a breath sample. **METRO**

### Saturday altercation

### Man killed ID'd as Filipino father

An autopsy has been scheduled for this morning after a man was killed at an home in the area of 60 Street and 35A Avenue Saturday.

The man has been identified online as Marjou Mago, a father and husband from the Philippines.

Relatives are hoping to raise funds to bring Mago's remains back home to the Philippines.

"Marjou was happy, ambitious, hard working and friendly young man who will be sorrowly missed by all who had the opportunity to know him," reads an online tribute. **ANNALISE.KLINGBEIL/METRO**

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# New use for an old technology

**Heart fat.** CT scan offers doctors another tool in patient care

LUCY  
HAINES  
edmonton@metronews.ca

A CT heart scan can predict death in kidney disease patients, say U of A researchers,

and they want doctors to offer the procedure more routinely.

Dr. Paolo Raggi, lead researcher and academic director at the Mazankowski Alberta Heart Institute, points to fat deposits around the heart, easily spotted on CT scan, that can predict death in chronic kidney disease patients.

"This type of heart fat is a very clear marker of risk,"

said Raggi, who studied CT results in 109 U.S. patients. "CT scans are routinely used for other reasons, but not for this, not here. We're taking a new look with an old tool." CT scans, which offer a cross-section X-ray image, cost a few hundred dollars each.

Tammy Fifield said the use of a CT scan was never brought up when she was dealing with kidney disease.

The 41 year-old had a kidney transplant in 2010, after living with the disease for 10 years.

"It's good to hear about any work that may help kidney patients," she said.

But patients have a role to play, too. Weight loss and drug-lowered cholesterol levels can help reverse the amount of fat around the heart, added Raggi.



**Dr. Paolo Raggi, researcher at the Mazankowski Heart Institute, has found that CT scans showing heart-fat levels can predict death in chronic kidney disease patients.** LUCY HAINES/FOR METRO

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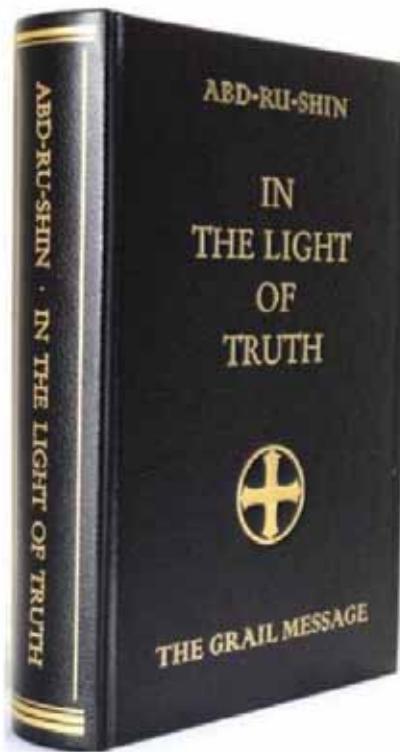
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## Two nights in the bush. Disabled man found safe southwest of Edmonton

Mounties and searchers are calling it the "best possible outcome" in the case of a man who was reported missing on the weekend.

Donald Bilawchuck, who is 56, has been found safe and sound, after two days spent in the bush near Drayton Valley, southwest of Edmonton.

Bilawchuck, who needs crutches to get around, had last been seen Saturday afternoon, and his truck was found Sunday near Powerhouse Road.

Police say about 9 a.m. Monday, he waved down a search party on ATVs in that same area.

Bilawchuck was alert and speaking with searchers when he was found, and was taken by ambulance to a Drayton Valley hospital for examination and treatment of exposure.

RCMP Staff Sergeant Brian Jones says Mounties still

### Stressful experience

*"It was a very stressful, and strenuous, and very, very difficult two nights he spent in the bush."*

RCMP Staff Sergeant Brian Jones

don't know exactly how he was separated from his ATV.

"He had managed to crawl, or make his way some distance back toward Powerhouse Road," Jones says. "There was a small creek that stopped him from actually being able to get up to the road."

*"It was a very stressful, and strenuous, and very, very difficult two nights he spent in the bush."*

THE CANADIAN PRESS

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### Hunting

**Edmonton-area golf course worker gets some flak for bagging goose on fairway**

Wildlife authorities want to speak to an Edmonton-area golf course maintenance worker who killed a Canada goose along a fairway as golfers played nearby.

A group of friends enjoying a round last Wednesday at the Hunters Green course in Sturgeon County say a man reportedly used a compound bow to kill the bird.

Lindsay Bailer says she was appalled when a friend went to retrieve a

ball and returned to say he was within speaking distance of someone who fired an arrow at the goose.

Wayne McGuire, the owner of the course, says he gave the employee permission to hunt on the property Tuesday night but there were no birds, so he came back the next day without telling him.

McGuire says this is the first time something like this has happened at his course, and that the maintenance worker has been spoken to but not fired.

Fish and Wildlife officer Adrian Marr says it would be lawful to hunt at the golf course so long as the hunter is fully licensed and does not fire within 60 metres of an occupied building. THE CANADIAN PRESS



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# 13 dead in shooting rampage at Washington naval complex

## Gunman shot dead.

Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with scenes of chaos and bloodshed Monday when a former military man opened fire at the city's heavily guarded Navy Yard, killing 12 people.

After the gunman was also killed in a shootout with police, authorities warned there could be two other perpetrators still at large. But at a late-night news conference, Cathy Lanier, D.C.'s police chief, said Aaron Alexis, a 34-year-old one-time Navy reservist, acted alone.

The FBI appealed to the public to come forward with information about Alexis, who was working as a military contractor after being discharged from the Navy two years ago.

The city's mayor, Vincent Gray, said earlier Monday that officials had no reason to believe the shooting was an act of terrorism.

"We'll continue to seek information about what the motive is," he said. "We don't have any reason at this stage to suspect terrorism, but certainly it has not been ruled out."

Officials are now investigating whether Alexis's discharge from the Navy played a role in the events. The Navy Yard is the largest of the U.S. Navy's five system commands.

THE CANADIAN PRESS



People are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C. on Monday. Inset, a photo of now-dead Aaron Alexis, who police believe was the perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

\$1 million

## RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full

cost estimate in hand.

The Mounties had a detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about \$1 million.

A presentation laying out the plan and its costs was provided under an Access to Information request following an 11-month delay.

THE CANADIAN PRESS

Quebec

## Charter of Values doomed, Harper predicts

Prime Minister Stephen Harper predicts the Parti Québécois' controversial values charter will fail because of opposition within Quebec.

Harper made his first re-

marks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said.

THE ASSOCIATED PRESS

320 km, \$30,000

## GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a

cost of about \$30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the \$35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in.

THE ASSOCIATED PRESS

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# UN: 'Convincing evidence' of chemical attack in Syria

**Inspection.** Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' find-



UN Secretary-General Ban Ki-moon  
THE ASSOCIATED PRESS

ings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war,

## Turkey Syrian copter shot down

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings, an official said. The helicopter strayed two kilometres into Turkish airspace, but crashed in Syria.

but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two and a half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. **THE ASSOCIATED PRESS**

## Mexico. At least 34 dead after two different storms cause flooding, landslides

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

The governor of the Gulf Coast state of Veracruz announced that 12 people died when a landslide smashed into a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters.

**THE ASSOCIATED PRESS**



Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS



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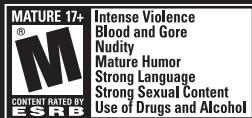


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# It takes a village – to be telecommunication pioneers

**Mexico.** Talea de Castro may be first community to own, administer, operate what is essentially a mini-telecom company

The communications revolution that swept the globe missed the Zapotec village of Talea de

Castro high in the mountains of southern Mexico, where making any sort of call meant trudging to a community telephone line and paying what could be a day's wages for a crackly five-minute conversation.

All that has changed, thanks to an ingenious plan that backers hope can bring connections to thousands of other small, isolated villages around the world.

Using simple radio receivers, a laptop and relatively inexpen-

## Making connections

**"Before, people couldn't talk much because it cost so much."**

Keyla Ramirez Cruz, a Talea resident, who co-ordinates the new phone system.

sive Internet technologies, the people of the village have leapfrogged into the 21st century by setting up what amounts to

their own mini-telecom company — one capable of handling 11 cellphone calls at a time at a small fraction of what they used to pay.

The system uses a small antenna to capture calls with a software-controlled base radio, essentially a generic radio set that can operate more cheaply and simply and use less power because the software is now doing most of the work.

THE ASSOCIATED PRESS



Local community radio announcers Keyla Mesulemeth, left, and Mauricio Flores Loza use their cellphones running on the TaleoGSM network in San Miguel Talea de Castro, Mexico. AGUSTINE SACHA/THE ASSOCIATED PRESS



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## Blobfish the face of UAPS. Appreciating all creatures great and disgusting

### Why so serious?

**"It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace."**

Ugly Animal Preservation Society chief and biologist Simon Watt, on the blobfish's miserable appearance.

No, dolphins might well be aggressive and less intelligent than we believed but they are still fascinating and we should do everything we can to preserve them.

### What can you do for these hideous creatures?

We're mainly showing that the natural world is interesting to people through comedy. When you read articles about nature it's just a list of what's extinct. But everywhere on our tour people have got behind ugly animals — in London they like the proboscis monkey, in Brighton the mole rat, in Winchester the "scrotum frog."

### Would you adopt one?

I would gladly appear in public with them and have done (so) on the tour. One student is doing a PhD on a horrid beetle so the appreciation is spreading.

KIERON MONKS/METRO WORLD NEWS



The blobfish (*Psychrolutes marcidus*) is the official mascot of the Ugly Animal Preservation Society. NORFANZ FOUNDING PARTIES

# Cuban singer 'punished' after concert

## Robertico Carcasses.

His lyrics called for more freedom of information, the next day he was summoned to the Culture Ministry

A well-known Cuban singer said Monday that he has

been punished for going off message at a nationally televised concert last week, when he called for direct presidential elections and more freedom of information.

In a note published on the Facebook page of his jazz-fusion combo, Interactivo, Robertico Carcasses said he was summoned to the Culture

### On the carpet in Cuba

"I was told ... my ideas had nothing to do with the objective of that politico-cultural activity and my words only benefited the enemy."

Ministry the following day and told he would be barred

indefinitely from performing at state-run music venues.

"That is, by being opportunistic I had hurt myself with my performance, given that I live and support my family mostly through shows in such places," Carcasses wrote.

On Monday, he declined to answer questions.

THE ASSOCIATED PRESS



A concert where bold lyrics got one singer in trouble. THE ASSOCIATED PRESS



## Festival of Sukkot, after Yom Kippur

In Jerusalem on Monday an ultra-Orthodox Jewish man holds a hadassah, a myrtle branch that is one of the four items used as a symbol on the Jewish holiday of Sukkot. It's a joyous holiday and commemorates the Israelites' 40 years of wandering in the desert.

BERNAT ARMANGUE/THE ASSOCIATED PRESS

### Found in a Boston mall

Honest Glen turns in backpack with mega loot

A homeless Boston man who turned in a backpack containing tens of thousands of dollars in cash and traveller's checks says even if he were desperate he wouldn't have kept "even a penny."

Glen James was honoured Monday by police where he was thanked for his honesty and given a citation. THE ASSOCIATED PRESS

### Last mail link 1963

U.S. and Cuba may re-establish their mail link

U.S. and Cuban representatives met in Havana on Monday for renewed talks on re-establishing direct mail service, 50 years after it was severed amid Cold War tensions.

The Americans met with counterparts from Cuba's postal agency and Foreign Ministry to work out a program for mail. THE ASSOCIATED PRESS

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# Poor Indian girl, 13, enrolls in graduate program

## Eat, sleep, study.

Daughter of labourer eyes masters degree; father sells family's land to help pay tuition



Master of science student Sushma Verma, 13, of Lucknow, India.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

In a country where many girls are still discouraged from going to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high

school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible only with the sacrifices and encouragement of her uneducated and impoverished parents.

"They allowed me to do

what I wanted to do," Verma said in an interview Sunday, speaking her language of Hindi.

Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and studying alongside them in a cramped single-room apartment in Lucknow, in Uttar Pradesh.

Sushma Verma's first choice was to become a doctor, but she cannot take the test to qualify for medical school until she is 18.

"So I opted for the M.Sc. and then I will do a doctorate."

Verma is not the first high-achiever in her family. Her older brother became a computer science graduate at the age of 14.

THE ASSOCIATED PRESS



## Diversity and Miss America

Newly crowned Miss America Nina Davuluri speaks on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina is the first Miss America of Indian descent. GETTY IMAGES

## Turkey info

### Men will now help man the Butterball line

This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the first male talk-line spokesman this year, as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey on the holidays.

It has been improving its services, last year launching a smartphone app, Facebook live chats, Pinterest posts and other social media tools. But the line, which has grown from six operators to 60 since it launched in 1981, has never hired men before now.

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# Top female Afghan cop dies of injuries

**Negar.** Death is latest in a string of attacks on prominent Afghan women and could make it even harder to recruit female officers

The top policewoman in southern Afghanistan's Hel-

mand province died early Monday after being shot by unknown attackers the previous day, months after her predecessor was also slain.

Sub-Inspector Negar was buying grass for her lambs outside her home on Sunday when two gunmen drove up on a motorbike and fired at her. She suffered a bullet wound to the neck, and the attackers got away.

Negar's funeral was attended by colleagues and family members, many vowing revenge on the attackers.

"They have given us warning that one of us will be killed every three months and we will be killed one by one," said fellow police-woman Malalai.

She did not say who was behind the killing, but the Taliban are believed to be

behind many of the recent assaults on Afghan women. Negar had been getting phone threats from people claiming to be with the Taliban.

Negar, 41, who had a son and a daughter, had worked for the police in the early 1990s before the Taliban took over the country and banned women from working, her son-in-law, Faizullah Khan, said. **THE ASSOCIATED PRESS**



## Germany

### Greens red-faced over pamphlet on pedophilia

The head of Germany's Green Party has expressed regret about a two-decade-old political pamphlet containing calls to de-criminalize some forms of pedophilia.

Berlin daily *tageszeitung* reported Monday that Greens co-leader Juergen Trittin was listed as "legally responsible" for the 1981 local election pamphlet.

**THE ASSOCIATED PRESS**

## Thailand

### Rubber protest stretches into violence

At least 30 police officers in southern Thailand were injured Monday in a new round of clashes with demonstrators protesting what they considered to be an inadequate government offer to help rubber farmers, authorities said.

Protesters, mostly teenagers, hurled rocks, bricks and bags of acidic liquid at officers who responded with tear gas.

**THE ASSOCIATED PRESS**



### Hostage standoff drags on

Philippine troops fire mortars in Zamboanga city in the southern Philippines Monday as fighting between government forces and Muslim rebels enter its second week. Troops have recaptured 70 per cent of the coastal areas occupied by Moro National Liberation Front guerrillas, killing or arresting more than 100 rebels, the military said. But about 100 rebels remained holed up with more than 100 hostages.

**BULLIT MARQUEZ/THE ASSOCIATED PRESS**

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# Bombardier's CSeries jet has inaugural flight



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

**Test run.** Narrow-body plane's 'game-changer' engine is touted as quieter, fuel-efficient

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.

## Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

its E2 family of jets.

"I think it will get even more competitive as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission which is to be a game-changer in terms of the engine," he told reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

Earlier, senior company executives hugged after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight.

"It's very important for us and the aerospace industry," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees.

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## Wireless

### Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the United States will be able to pay lower fees for their U.S. roaming packages starting Tuesday.

The Montreal-based company, which is one of Canada's three largest providers of mobile communications services, said it's making the change in response to consumer feedback over the summer.

Bell said Monday its 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25, for a specified amount of call minutes, texting, Internet usage and other data.

Its add-on package for heavy users will be priced at \$20, down from \$40.

THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
96.85¢  
(+0.20¢)

**TSX**  
12,816.88 (+93.48)

**OIL**  
\$106.59 US (-\$1.62)

**GOLD**  
\$1,317.80 US (+\$9.20)

**Natural gas:** \$3.74 US (+6¢)  
**Dow Jones:** 15,494.78 (+118.72)

## Ads. Canadians bored of hearing about economic action plan, survey finds

Canadians tuned out another series of slick, taxpayer-funded Economic Action Plan ads that filled the airwaves in the spring, a new survey suggests.

Radio and TV spots appeared in late March to coincide with the release of the 2013 federal budget, but an internal poll of 2,009 adults indicates the action plan brand remains tarnished.

The Harris-Decima survey found 38 per cent were happy with the Conservative government's performance, the lowest level among the 10 such polls conducted since April 2009, when the first wave of action plan ads was released.

The number of people who did something as a result of seeing the ads registered at seven per cent, little changed from the six per cent for the winter ad campaign. The levels are sharply down from a peak of 25 per cent in 2009, when a popular home-renovation tax credit caught the attention of homeowners across the country.

The Finance Department's key yardstick for measuring success is to count how many

### Pricey promotion

**\$100M**

The Harper government has spent well in excess of \$100 million on Economic Action Plan promotion over the last four years.

viewers and listeners visited [actionplan.gc.ca](http://actionplan.gc.ca), the web portal that's promoted at the end of the 30-second ads. Harris-Decima found six people who did so, double the number from its winter polling.

No one called the toll-free number also listed in the latest ads, which ran from March 21 to April 4.

At the same time, the pollster found another 22 people who "felt/expressed displeasure/complained to others," up from nine in the earlier winter survey completed in April.

Finance Canada paid \$29,373 for the telephone poll, conducted April 29-May 11, with a margin of error of plus or minus 2.2 percentage points, 19 times out of 20.

THE CANADIAN PRESS



The home page for the website of Canada's Economic Action Plan is shown in a screen grab from 2011. THE CANADIAN PRESS



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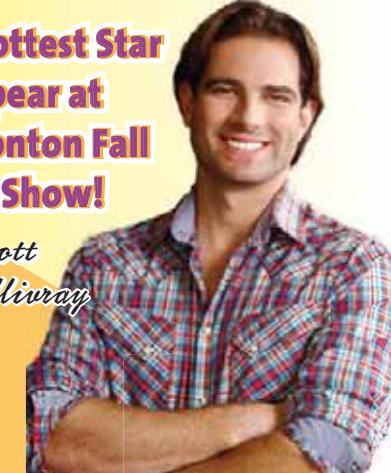
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**HGTV's Hottest Star to Appear at the Edmonton Fall Home Show!**

**Scott McGillivray**





## Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. **THE ASSOCIATED PRESS FILE**

Cape Canaveral, Fla.

### Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.

**THE ASSOCIATED PRESS**

Tehran

### Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.

**THE ASSOCIATED PRESS**

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- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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- Post secondary degree or diploma in Graphic Design (Print)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than Sept. 20, 2013. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.

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# FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

**Sleeves are so passé.** It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

**Hot to crop.** Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

**All white everything.** Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

**Cap it all off.** Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

#### Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

#### Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

#### Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said. THE ASSOCIATED PRESS

#### Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

#### Clickbait

**HANNAH ZITNER**  
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#### #Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.



#### #SorryNot-Sorry:

Obviously you're not sorry, so why bother with the apologetic tease?

#### #FirstWorld-Problems:

Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#### #yolo:

Just don't. Seriously. Don't.

**@DonaldTietz:** don't worry the radiation will kill them or make them grow to the size of a house.

**@Canucklehead\_ca:** Jellraiser IV: The Jellyfish Take Japan.

**@Stephycool16:** Japan's Giant Jellyfish problem

**@DariaTuhtar:** Jellyfishnado.

**@Zenuf4me:** Global swarming of jellyfish: Do they come in lime flavor?

**@Ducks\_own:** The Art of Man-of-War.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:** Send us your comments: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)

DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

• • • •

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's The Avengers tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but Iron Man 3 actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, Iron Man 3 offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL



Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, Hello Ross. THE ASSOCIATED PRESS

# Living a superfan's dream

**Hello Ross.** When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on The Tonight Show, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s Chelsea Lately. Now she's executive producing Mathews' own talk show called Hello Ross, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from Chelsea Lately. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on Hello Ross. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

**Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?**

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

**You love celebrities but you've become one in your own right. What's that like?**

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

**You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?**

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

2  
SCENE

## INSECURE LEFT OUT HUNGRY UNDER-VALUED HOPELESS EMBARRASSED

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**HGTB's Hottest Star  
to Appear at  
the Edmonton Fall  
Home Show!**

**Scott  
McGillivray**



# Newbies, can you handle this?

**Kelly Rowland.** The X-Factor judge dishes on finding talent

**MAJA LUNDAGER PEDERSEN**  
Metro World  
News in New York

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it.

Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who had some harsh things to say, but I grew more from people

who actually were constructive and gave details about how I can grow," she says.

"I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and I think that when it comes to performing, people just want to be entertained. If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful.

"I don't want them to come into this competition thinking

## She's been there

Rowland actually participated in a talent show herself as a teen. With her group Girls Time — including, among others, Beyoncé — she was on Star Search, but lost. She remembers the experience clearly. "Once that red curtain closed we were like little sad puppy dogs, just bawling our little eyes out," she says. "We were so sad, but I truly believe that when it's your time, it's your time."

they can get on by their looks.

"It's more than that. It's your talent, your passion, your hunger and your dedication.

"I am very honest with them and I'm very honest with myself [when it comes to talent]. I don't cut any corners."



**Kelly Rowland and Simon Cowell on The X-Factor.** THE ASSOCIATED PRESS

 A black and white photograph of a woman with long, wavy hair, wearing a dark blazer over a white top and light-wash jeans. She is sitting on a wooden surface, looking directly at the camera. The background is a plain, light-colored wall.
 

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\*Contest ends September 18, 2013. Visit [clubmetro.com](http://clubmetro.com) for full contest details.

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TO ENTER**

 A colorful poster for the Edmonton International Film Festival. It features a woman with curly hair and a crown, looking upwards. The background is red with a large white 'X' shape. Text on the poster includes:
 

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No Purchase Necessary. Contest is open to residents of the Greater Edmonton Area, 18 years and older. All winners will be notified on September 25, 2013 via email or telephone. Tickets do not guarantee seating. To enter and for complete contest rules visit [www.clubmetro.com](http://WWW.CLUBMETRO.COM)

# Busy Kaling joins comedy's female elite

## The Mindy Project.

Since her humble beginnings at The Office the South Asian-American funny gal has forged a solid career

In many ways the 34-year-old Mindy Kaling is living her fantasies. While a slow build with audiences, The Mindy Project was a hit with critics, especially as it grew toward its first season cliffhanger finale. Fans will recall Kaling's smart and snappy character, obstetrician/gynecologist Dr. Mindy Lahiri, was in the middle of a personal crisis when the season ended. She cut both her hair and her ties to her beloved New York to follow her Christian minister boyfriend Casey (Anders Holm) on a year-long mission to Haiti. Everybody knows that's not going to last.

It showed, however, that Kaling was willing to stretch



Mindy Kaling THE CANADIAN PRESS

the series beyond the original, smarty-pants girl-in-the-city premise to give it more heart. The Mindy Show has evolved into a cheeky ensemble series, with Kaling's character growing along with it. A steady flow of big-name guest stars — James Franco appears as a rival doctor in Tuesday's season opener, along with returning guest star Chloe Sevigny and former Saturday Night Live alumnus Bill Hader — has helped bring more viewers to this smart sitcom.

The Massachusetts native has only ever been on one pre-

vious series — but what a hot house that was. A Dartmouth graduate, she landed a writing job on The Office at age 24 — the only woman on a staff of eight writers.

Within a few years, she was a co-star on the series as Kelly Kapoor. By the time she left to do The Mindy Project, she was an Emmy-nominated executive producer. Kaling is part of a new generation of female comedy showrunners emerging in Hollywood. Lena Dunham, who stars, writes and created HBO's Girls and Liz Meriwether, the creator and executive producer behind New Girl, are following 30 Rock and former Saturday Night Live head writer Tina Fey into TV's creative power positions.

Kaling is the first South Asian-American woman to headline her own U.S. network TV series. Having the confidence to follow her dream is something she says she got from her parents, who "rocked".

THE ASSOCIATED PRESS

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Scott McGillivray, Host of HGTV's Income Property

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Miley Cyrus. ALL PHOTOS GETTY IMAGES

## They can stop, and they might stop: Miley's marriage plans on hold?

Miley Cyrus unfollowing Liam Hemsworth on Twitter was apparently just the beginning, as the engaged couple are reportedly "on a break" and have put their wedding plans on hold, according to Radar Online. "They've

split for now," a source says. "Miley and Liam have a very tumultuous relationship and both are exhausted. It's a complicated relationship. The wedding is on hold for now. It's not cancelled, but it doesn't look promising."

## Twitter



**@SethMacFarlane**  
It's not Friday, but follow @AlbertBrooks anyway cuz he's a goddamn genius.



**@AlbertBrooks**  
How can we attack Syria without giving Dennis Rodman a chance?



**@pattonoswalt**  
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?



### Spears heads to the strip for a six-figure-a-day salary



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out

is a cool \$310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous online reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck



Jessica Timberlake

## I'm bringing tradition back: Jessica takes on the Timberlake name

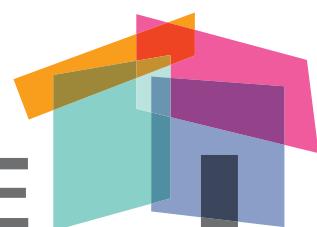
Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

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*Scott  
McGillivray*



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Dolce & Gabbana with gradient polar lenses is a good starting point when switching to these kinds of sunglasses. CONTRIBUTED

# It's time to upgrade to polarized sunglasses

**End of summer.** Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE  
KAYZERMAN  
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

## What is polarization?

"Polarization, commonly



Ray-Ban Aviators are the most common polarized lens. CONTRIBUTED



Prada with oversized gradient polar lenses. CONTRIBUTED

known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

## How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

## McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

## What is polarization?

**"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."**

Kristen McCabe  
Vice-president of product at Sunglass Hut.

Elisha Dacey

## Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

Some days grocery shopping counts as one walk.

Albert suggested stocking her kitchen with easy-to-prepare food choices.

Albert added that when life presents seemingly insurmountable hurdles, you double down.

"I tell people to start small and create habits that help you focus on the positive."

For example, journal at the same time every day and write down three good eating choices and one bad — if there is one.

For other healthy ways to get unstuck, visit [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off).

For those following along at home, don't stop doing the home exercise program.

A downloadable version can be found at the above link.

Learn how to do the exercise with Dacey by following the exercise demo videos.

YLVIA VAN BUUREN/ FOR METRO

3  
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# Not all sneezes are created equal: the difference between colds and flus

## Seasonal health.

Influenza and the cold are often mistaken for the same thing but they have very different symptoms

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar. Both influenza, commonly referred to as "the flu," and the common cold are viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person



Get educated about cold and flu symptoms. NEWS CANADA

touches an infected surface and then touches their nose, mouth or eyes.

This is the reason why

these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

## Quotable

**"Influenza is associated with more serious complications when compared with the common cold. It can lead to pneumonia or respiratory failure and can potentially be life threatening."**

Bowen Chen  
Target Pharmacist

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk

populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches and aches and pains.

Although a stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain.

Consult your pharmacist or health-care professional to determine which medication is the right one for you.

Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms. NEWS CANADA



Join us for our pancake breakfast and then get ready to dance as we welcome an amazing Edmonton talent Bryan Finlay to the stage! Stick around for a wind down with our post-walk yoga class! This year will be the best ever so don't miss out!

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# SCOTIABANK AIDS WALK FOR LIFE IS SEPT. 22

## AT SIR WINSTON CHURCHILL SQUARE

Are you willing to be fearless, speak out, challenge stigma, and wear a super cool cape?

You would make a great addition to the annual Scotiabank AIDS Walk for Life. This year the walk is celebrating the many heroes that are moving us closer to our vision of zero. Zero new HIV infections, zero stigma and discrimination, and zero AIDS-related deaths.

The heroes day will start with an energy-boosting pancake breakfast and then build the energy to a critical mass with the much loved drag show.

Bryan Finlay, Edmonton's own pop sensation who burst onto the music scene with his hit Tonight is



Alright will rock the stage as this year's headliner.

The heroes will then take to the streets of Edmonton to conquer AIDS stigma and discrimination.

Dress up in your favourite super hero attire or create your own stigma-fighting hero or heroine and on Sept. 22 at Sir Winston Churchill Square for the Scotiabank AIDS Walk for Life.

For more information, to register or donate, visit hivedmonton.com.

Best Health

## Beauty from your pantry



BEST HEALTH  
MINUTE  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the October issue of Best Health, freelance writer Stacey Stein explores some of the kitchen ingredients that can help with various skin issues.

### For acne, try manuka.

Derived from a plant native to New Zealand and Australia, manuka honey is a thick and slightly bitter honey with powerful antibacterial properties. One expert we spoke to says its antibacterial activity can "diffuse across skin and get down into the infection that is causing the acne spots." To apply, soak a bandage with the honey and place it on the pimple or small area of the affected skin. Manuka honey can be found at health food stores.

### For rosacea, try oatmeal.

Brimming with vitamins A and E, oatmeal is an anti-inflammatory that can help calm irritated skin. It's also packed with skin-soothing starches and beta-glucans, which provide a protective barrier for the skin. You can make a mask with it by adding a little warm water to oatmeal and mixing it into a thick paste. It will feel soothing; once it's dry, rinse it off.

### For eczema, try coconut oil.

Eczema is an immunological abnormality of the barrier of the skin. Affected skin is very dry, red and itchy. A dermatologist should be consulted for advice on how to alleviate the condition, including potentially with prescription medication. Restoring moisture is also key, and one way to do that is with coconut oil. It acts as a shield on the epidermis; you apply it directly to your skin using your fingertips.

**FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA](http://BESTHEALTHMAG.CA), OR CHECK OUT OUR IPAD APP.**

**Mental health.**  
Nobody needs the stress of losing a phone — so practise these simple steps to avoid problems

The alarm goes off. You hit snooze again, trying to grab that tiny bit of shut-eye for the last time.

And then you wake up with a start as you realize that you are about to be late for work.

Frantically, you spring out of bed, run to the shower, brush your teeth, grab your desperately needed cup of java and head out the door — made it. On the bus, you reach for your smartphone to get a head start on your day. To your despair, it is nowhere to be found. You feel your face begin to flush and you wonder how you are ever



Losing a cellphone can cause major headaches. ISTOCK PHOTOS

going to make it through the day.

Sound familiar? Let's face it, we are constantly plugged into our mobile devices. They have become such an essential part of our lives that we feel lost without them.

In a relatively short time, cellphones have evolved from a traditional phone to something that now has most of

the features found on a personal computer. We store email, social accounts, photos and contact information; we access mobile banking sites, browse the Internet, use apps and more.

With all of these bells and whistles at our fingertips, protecting our device is more important than ever. You can stay clear of potential threats

by following these tips:

### Password-protect your phone.

All mobile devices can be locked with a password or a number code. It's a very simple step that can protect your personal information in the event that your device is ever lost or stolen.

### Avoid connecting to unknown or non-password protected Wi-Fi networks, even if they are private.

An unsecured wireless network can compromise your information, including your contact list, as well as give someone else use of your data plan.

### Think carefully about what you absolutely need to store on your mobile device, and erase everything else.

If it's lost or stolen, you could be placing personal information in someone else's hands.

NEWS CANADA

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# GET MORE BANG FOR YOUR BUCK

## CHOOSE THE 'RIGHT' POST-SECONDARY FIELD

Canadians who get a post-secondary education still earn more on average than those without, but the “education premium” is narrowing, making the field of study increasingly important, a new study has found.

Chose the wrong field and you might even earn less than if you had never studied after high school.

Benjamin Tal, deputy chief economist at CIBC, and Emanuella Enenajor, economist at CIBC, found Canada has the highest proportion of adults with a post-secondary education among all Organization for Economic Co-operation and Development (OECD) countries. But the cost of the education was double the OECD average and more graduates are falling behind on the earnings scale.

“Despite overwhelming evidence that one’s field of study is the most important factor determining labour market outcomes, today’s students have not gravitated to more financially advantageous fields in a way that reflects the changing reality of the labour market,” Tal and Enenajor write.

University grads used to earn a lot more than college grads, but the difference is only 0.7 per cent today. However, the gap between high school and post-secondary is substantial — a bachelor’s degree boosts your earnings by 30 per cent, on average. An MA or PhD adds about 15 per cent.

“For students shelling out thousands in higher-learning costs, a university degree can be viewed as an investment with



PRESSMASTER/COLOURBOX

upfront expenses and a stream of future benefits,” Tal and Enenajor say.

The field you study is critical. Math and science qualifications provide an earnings premium of 86 per cent compared to high school grads. A degree in fine and applied arts, on the other hand, actually decreases your earnings by 12 per cent.

“The biggest bang for buck comes from specialized and professional fields

such as medicine, law and engineering,” they conclude. “Life sciences, humanities and social sciences is where the return on investment is much lower.”

And, yet, students continue to pursue low-value degrees in medieval history, they note. It can be an enjoyable and enlightening experience, but it’s unlikely to reap the best financial reward.

— Jon Tattrie

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# IAF CAN HELP IMMIGRANTS

Starting from scratch in a new country can be a terrifying experience.

Not only are there the social and cultural aspects to familiarize yourself with, but getting a foot in the door in the workplace can provide additional stress.

In many cases, additional training or education may be required to make the transition at the cost of the individual.

The Immigrant Access Fund of Alberta (IAF) can help immigrants access funds to pay for the costs of education they need to complete in order to get back to the occupations

and field for which they were trained and in which they have experience.

“Immigrant Access Fund of Alberta is a not-for-profit and charitable organization whose goal is to relieve poverty by providing

## MICROLOAN USES

IAF microloans can be used to pay for:

- Short-term (two years or less) training
- Exam fees with a professional governing association
- Travel expenses to write an exam
- Qualification assessments
- Professional association fees
- Books and course materials
- English language courses specific to employment
- Living allowance during study time
- Other related expenses

ing microloans to needy immigrants in order to assist them in obtaining Canadian licensing or training that will allow them to obtain employment in their field,” says Katarina M. Vasiljevic-Galic, executive director.

IAF microloans are different than regular bank loans because IAF does not require applicants to be employed, have a credit history in Canada, or have collateral, all of which are typical bank requirements.

And IAF microloans are available to people who can’t receive a student loan because they are not taking full-time studies or they have not been in Canada long enough.

IAF invests in people who the banks would turn away — people who have skills and abilities our society needs.

For more information about IAF and the loans available, visit [iafcanada.org](http://iafcanada.org).



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# STUDYING ABROAD CAN ENHANCE LEARNING

Working, studying or just travelling abroad can provide individuals with a larger scope of the world and its practices, more than what they can learn online or through textbooks.

"International experiences provide young people with the opportunity to gain not only technical skills, such as those gained by studying a particular subject or by volunteering on a particular project, but also transferable interpersonal and professional skills that are gained by liv-

ing, studying and/or working in another location and another culture," says Kate Jennings, director, education abroad program, University of Alberta.

"The passion most people have about their experiences abroad can have a tremendous positive impact on your success in securing employment or a place in graduate school."

To help individuals learn about the prospects of the international experience, the U of A is holding the Go Abroad Fair

on Sept. 25 at Lister Centre on the U of A main campus from noon to 7 p.m.

This free event is open to the public and features more than 50 exhibitors promoting various opportunities to work, study and volunteer abroad, as well as funding information and travel services, such as those offered by the Department of Foreign Affairs, Trade and Development Canada.

For more about the Go Abroad Fair, visit [goabroad.ualberta.ca/fair](http://goabroad.ualberta.ca/fair).



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## IT'S NEVER TOO LATE TO GO BACK TO SCHOOL FIND OUT HOW AT ACADEMY OF LEARNING

If getting the kids ready to head back to school has distracted you from your educational goals, it is never too late to speak to an admissions adviser at Academy of Learning Career College.

At Academy of Learning, there is no need to wait until September to begin your training since intake is continuous with year-round, weekly start dates for

almost all of its programs.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers, such as such as health care, business, office administration, IT, web design, accounting and many more.

"The demand remains high among

employers, and Academy of Learning graduates are recognized as highly skilled workers, ready to the jobs they were trained for, and that employers need done," says Charles Jarvis, general manager for Academy of Learning.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For more about Academy of Learning Career College campuses in Alberta, visit the Alberta site at [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## Thinking of a Career in Massage Therapy?

We would love to talk to you about this exciting field and how our program can prepare you for a well-paid, low-stress career. Call Rachel for a free career information package or to book a tour.

Check out our website for Open House and Relaxation Massage Weekend Workshop dates.

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# CONSIDER MASSAGE THERAPY AT MH VICARS

Are you searching for a well-paying, low-stress career in health care? Consider massage therapy.

As a registered massage therapist (RMT), you will work effectively with clients to help them stay well or to recover from injury. It is a front-line health profession, but without shift work and stress. As an MH Vicars graduate, you will be in great demand from employers, or well-prepared to set up your own business.

The school's 2,200-hour diploma program follows the highest national standards to prepare you to work anywhere in Alberta and Saskatchewan, and to challenge the registration exams in Ontario or B.C.

With the independent-learning pro-



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gram, you can do all this without having to relocate or give up your day job. The MH Vicars curriculum has been specifically designed for students who need to balance their education with work and family responsibilities.

MH Vicars always has time to talk to you about working as a massage therapist, and how choosing the right program can be the first step to success in your new career. The next monthly classes begin in January for graduation June 2015. Call Rachel at 1-866-491-0574 or email [info@mhvicars-school.com](mailto:info@mhvicars-school.com) for your free career information package, or to book a school tour.

# RECEIVE WELL-ROUNDED LEARNING AT ROBERTSON

New this November, put your math and organizational skills to the test with the accounting assistant and accounting and payroll administrator programs at Robertson College.

"These programs will provide well-rounded knowledge in business procedures, bookkeeping and computerized accounting as well as office technology," says Violet Reid, campus director of Robertson College, Edmonton campus.

The accounting assistant program will teach students how to co-ordinate office services and procedures, supervise personnel and control workflow efficiently, and provide assistance to accounting and bookkeeping departments.

The accounting and payroll administrator program will teach students how to manage accounts payable/receivable, correctly prepare accounting documentation for payroll, and prepare and analyze necessary financial statements, among other tasks.

With the accounting and payroll administrator program, students would receive the



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payroll compliance practitioner certification from the Canadian Payroll Management Association.

Students graduating from these programs will be able to gain employment in all types of offices.

Those graduating from the accounting and payroll administrator program may also find junior payroll positions.

Applications for both programs are being accepted for the November intake, so now is a great time to apply to get started on your new career in the field of accounting.

For more information about Robertson College, stop by and speak to Reid, or visit [robertsoncollege.com](http://robertsoncollege.com).



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# NEW DATABASE ENHANCES ACCESS

## FOR ABORIGINALS

Canada's universities launched a new online tool to provide Aboriginal students with better access to information on programs and services on campuses across the country.

The comprehensive, searchable database of resources designed to meet the needs of Aboriginal students was developed by the Association of Universities and Colleges of Canada.

Prospective students and their families can use the tool to find information on the 286 different academic programs designed for Aboriginal students and other helpful resources available at Canadian universities, such as financial assistance, housing, cultural activities, counselling, availability of elders, gathering spaces and mentoring.

Aboriginal youth are one of the fastest growing segments of the Canadian population. There are more than 560,000 Aboriginals younger than the age of 25 across Canada, yet the university completion rate for the Aboriginal population



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overall is eight per cent — one-third of the national average.

This new online resource is part of universities' ongoing efforts to improve access to university for Aboriginal students and help them achieve success in higher

education. Fifty-five institutions now have gathering spaces for Aboriginal students, and more than 60 organize social and cultural activities. In addition to supports on campus, many universities have successful outreach programs in Aboriginal com-

munities, providing educational support and mentoring opportunities to students starting as early as the elementary level.

The new directory of programs and services for Aboriginal students can be found at [aucc.ca/Aboriginal-directory](http://aucc.ca/Aboriginal-directory).

## NEXT STOP, COLLEGE.

Academy of Learning Career College prepares students for a future full of opportunity.

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## BE CAREER READY QUICKLY AT DIGITAL SCHOOL

Although children and most post-secondary students have been back to school for the past few weeks, it doesn't mean it's too late to consider heading back to class yourself.

This fall, train for a career in computer-aided design (CAD) through Digital School Technical Design College and be career ready in less than a year.

Digital School offers a number of full-time programs where students can study to earn a degree in CAD with skills for which employers are looking.

"We're seeing more and more employers contacting us, looking for graduates to fill positions," says Brady Sylvester, Digital School assistant manager.

"The market is getting tighter and tighter for firms needing specialized skills like computer-aided drafting (CAD)."

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and Engineering CAD technician diploma with process piping specialization.

Digital School is also offering building



DANIEL WASCHNIG/COLOURBOX

information modelling (BIM) training.

Applications for the Sept. 30 intake are being accepted.

Digital School also offers the computer-aided drafter certificate as a part-time, online option that can be started at almost any time from almost any location.

For more information about Digital School, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).



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# TRU OFFERS A FLEXIBLE MBA

Thompson Rivers University (TRU) has now made it even easier to get an MBA on your schedule.

TRU offers one of the most flexible MBA programs in Canada, allowing students to study their courses on-campus or online, on a full-time or part-time basis.

Regardless of the mode of study, all students study the same rigorous curriculum in an interactive and supportive environment.

“For those students who are early career, and want to come out with specific management skills, our MBA program provides those skills,” says Russell Currie, dean and professor, school of business and economics. “It also allows people who are currently working to move up to the next level within their career.”

What makes this MBA program different from others offered at other institutions is that this program can be completed 100 per cent by distance, with no requirement to attend any portion of the program on campus.

“With our online courses and part-time options that are personalized to meet the student’s needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments,” says Victoria Baker, director MBA program.

Students also have the option of a blended format, by studying online and in class.

The MBA program is designed to produce managers and leaders that have critical thinking and problem-solving skills and who see the big picture of the organization — making strategic decisions that support the goals of the organization.

The skills and knowledge gained during the MBA program apply within any organization in any industry.

“An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today’s complex and rapidly-changing business environment,” Baker says. “Global perspectives are incorporated throughout the curriculum and the diversity of our students and faculty further enhance the development of intercultural understanding.”

The coursework includes subjects such as ethics and corporate social responsibility, innovation and entrepreneurship, and supply chain management.

For more, visit [tru.ca/business/mba](http://tru.ca/business/mba).



## Right Training, Wrong Job?

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# Creamy soup without cream or butter? Thank us later



**ROSE REISMAN**  
For more, visit [rosreisman.com](http://rosreisman.com) or follow her on Twitter @rosreisman

This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.
2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.
3. Add stock and potato; re-

## Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese

## Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

**ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN**



**This recipe serves six.** MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

## Lunch. Shiitake-Ginger Soup with Garlic Pork



1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover, and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot. Add the ginger and bring to a

boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. **THE ASSOCIATED PRESS**

## Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles (two-thirds of a 9.3-oz package)
- 3 scallions, sliced
- Salt and ground black pepper
- 2 tbsp extra-virgin olive oil, divided
- 1 cup finely chopped onion
- 1 tbsp minced garlic
- 1 lb Yukon gold (or other thin-skinned potatoes), cut into 1-inch chunks
- 4 to 5 cups low-sodium chicken or vegetable broth
- 1/2 cup dry white wine
- 6 cups torn kale leaves
- 6 cups baby spinach leaves
- 1 tsp red pepper flakes, or to taste
- Salt
- 1/4 lb thinly sliced prosciutto
- 12 1/2-in thick diagonally cut slices of baguette
- 1/2 oz finely grated Parmigiano-Reggiano cheese

## Goodness of green juice cooked into a hearty meal

1. Heat the oven to 400 F. wine. Bring to boil, cover pan and simmer for 10 minutes.

2. In saucepan over medium, heat 1 tablespoon of oil. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring for 1 minute. Add potatoes, 4 cups of the stock and

## Ingredients

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- 1 tsp red pepper flakes, or to taste
- Salt
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- 12 1/2-in thick diagonally cut slices of baguette
- 1/2 oz finely grated Parmigiano-Reggiano cheese

3. Add kale, cover pan, then simmer another 10 minutes. Add spinach and pepper flakes, cover, and simmer 5 minutes.

4. Working in 2 batches, transfer 3 cups total of soup solids, with little added broth each time, to blender and purée until smooth. Be careful, hot foods expand in blender. Return purée to the saucepan, add salt to taste and the additional cup of stock if necessary to achieve the desired texture. Heat until hot.

5. Meanwhile, set wire rack over rimmed baking sheet. Arrange prosciutto slices in a single layer on the rack, then bake on oven's middle rack 12 minutes, or until they begin to crisp. Remove rack from sheet pan and set it on counter to let the prosciutto cool. When cool, crumble the prosciutto.

6. Arrange the baguette slices in single layer on the sheet pan and brush them with the re-

## Health Solutions

### Shoots, sprouts and leaves



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT [MYFRIENDINFOOD.COM](http://MYFRIENDINFOOD.COM)**

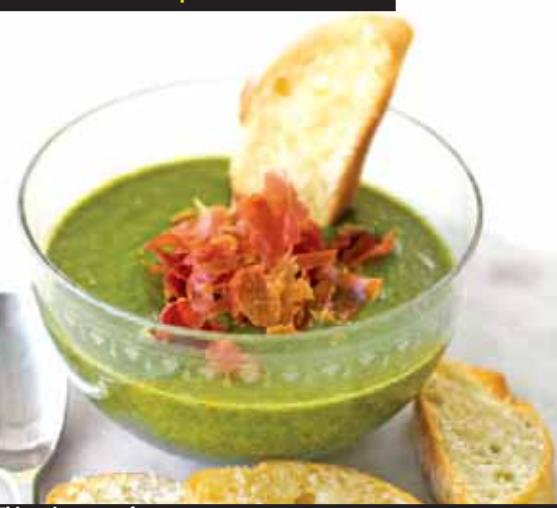


Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy'L Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts". Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

## Potato & Greens Soup with Parmesan Toasts



**This recipe serves four.** MATTHEW MEAD / THE ASSOCIATED PRESS

maining tablespoon of olive oil. Bake them on the oven's middle shelf until golden brown, 8 to 10 minutes. Sprinkle the grated cheese evenly over them, return the slices to the oven and bake until the cheese is just melted, 1 to 2 minutes.

7. To serve, ladle the soup into 4 bowls, then top each portion with some of the prosciutto crisps and 3 toasts on the side.

**THE ASSOCIATED PRESS / SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

# Kids' CDs even parents will like

## Reasons Mommy Drinks

**Drinks.** Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

### 1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

### 2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

### 3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

### 4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90s, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

### 5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

**FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOM-MYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.**



Not all children's albums will make your ears bleed. iSTOCK

## Foster care: An often overlooked option



Fostering a teenager can be a surprisingly positive experience. iSTOCK

Cris Beam was a 28-year-old high school teacher when she took in a 17-year-old student who had been kicked out of a group home and was headed to juvenile hall — not because she had committed a crime, but because there was just no room for her.

"I didn't have any experience," says Beam about her foster care decision, "but I loved this kid, and she and I kind of

figured it out together."

As many people try desperately to have their own biological children, Beam tells Metro that another option is often overlooked. "There are wonderful kids right here, all the time, right in your neighbourhood, that need homes," she says.

She dives deeper into the subject, along with her own experience as a foster mother, in her new book, *To the*

End of June: *The Intimate Life of American Foster Care*.

Potential parents might picture the horrors of teenager-itis and their notoriously difficult attitudes — but think again, Beam says, because fostering a teenager can actually be a surprisingly positive experience.

Being a foster parent isn't the most talked-about subject, but that may be in part because of the numerous vic-

tims of its misconceptions.

"I think that there's a misconception that the kids are really damaged," says Beam. "When you get inside (the foster care system), you see that it's all human beings, and if you stick with them, they're all kids just like any other kids."

So, she suggests, don't forget about the kids that are right in your community.

JULIE KAYZERMAN/FOR METRO

Edmonton  
**HOME**  
& Interior Design **SHOW**  
**OCTOBER 4 - 6**  
Edmonton EXPO Centre



**HGTV's Hottest Star  
to Appear at  
the Edmonton  
Fall Home Show!**

*Scott  
McGillivray*



**OCTOBER 4 - 6  
EDMONTON  
EXPO CENTRE**

### HOURS

FRI 2 - 9PM  
SAT 10AM - 8PM  
SUN 10AM - 5PM

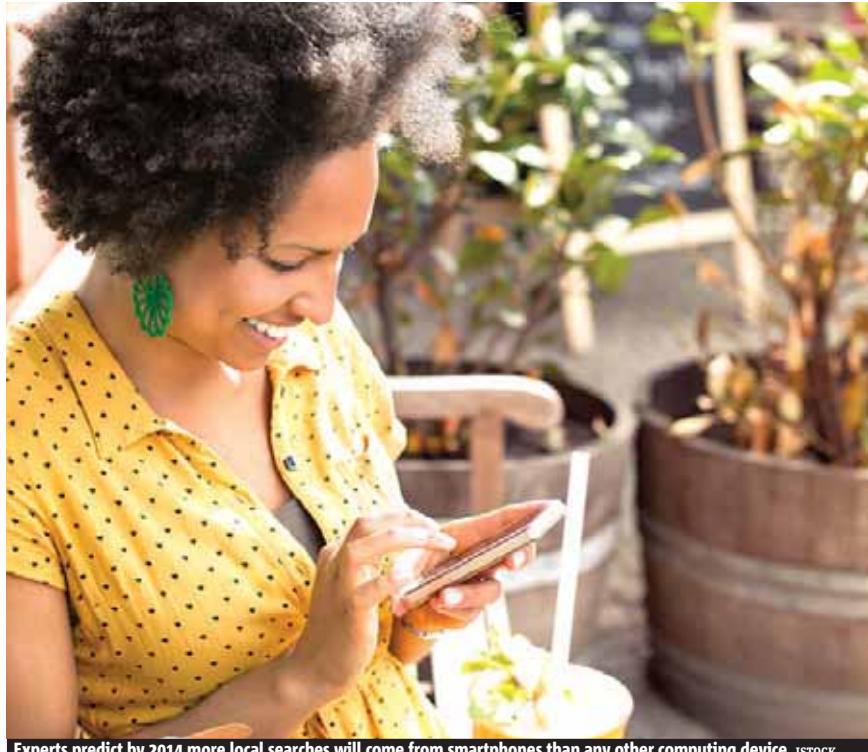
### ADMISSION

ADULTS (18+) \$12  
SENIORS/YOUTH \$10  
CHILDREN FREE  
(12 AND UNDER)



**EHIDS.COM**

# How smartphones are changing the way Canadians go shopping



Experts predict by 2014 more local searches will come from smartphones than any other computing device. iSTOCK

## Rise of mobility.

Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director

of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a

## Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

special on umbrellas helping match their services with current needs."

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. **NEWS CANADA**

## 6 easy steps to promote your business

As a small business owner, you've come up with a creative idea for a product or service and have considerably invested in business start-up and production.

Promoting your business is the next step, but it may be difficult to envision effective marketing solutions without shelling out huge amounts of money. Raphael Lapointe, director of digital product management for Yellow Pages Group, shares six easy steps that can highlight your busi-

ness' distinctive personality:

- Go digital. For many people, if a business doesn't have an online presence, it doesn't exist. Although having your own website is optimal, there are many free online listings that allow small businesses to post their online profile such as YellowPages.ca, Google, Yelp and Facebook.
- Go mobile. More customers are making purchase decisions as they go, through their

mobile device. At the very least, make sure your online site is optimized for smartphone compatibility.

- Be relevant. Local buyers want to know who you are and what you do. Pertinent content like pictures and videos will make it easy for them to choose you over your competitors.

• Include video. Four out of five online consumers say watching a video improves

their impression of a business.

- Be there first. A majority of consumers will click on one of the first three results generated by an online search. Develop a search engine optimization (SEO) strategy that will improve the visibility of your site when buyers search the web.

• Get results. Invest in a start-up package and see how these tools improve your visibility. **NEWS CANADA**



Chances are if you haven't gone digital, you aren't reaching customers. iSTOCK

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Karen Horvath & Freida Richer



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# Playoff dreams still alive for Eskimos, but 'long way to go'

**CFL** Team, 2-9 on the season, feels pressure to keep momentum going after win over Bombers on Saturday

The Edmonton Eskimos enjoyed a brief moment in the sun following just their second win of the season Saturday over Winnipeg. Then they were back on the field Monday with the realization that the victory might mean more pressure than relief.

"If we lose the rest of the season this one win means nothing," said defensive end Odell Willis. "We have a long way to go and we still have to put things together and keep climbing."

The 25-7 win snapped an eight-game losing streak and had the 2-9 Edmonton players thinking of the playoffs. After Montreal lost to the BC Lions on the weekend, the Alouettes, third in the CFL Eastern Division, are just two wins ahead of the Eskimos in a cross-over scenario.

The key now, said defensive back T.J. Hill, is to build momentum and follow up with a repeat performance Friday in Winnipeg in the rematch with the 2-9 Blue Bombers.

"We know this game is going to be even harder," Hill said. "It's tough to beat a team twice, let alone two times in a row, week to week. We know it's going to be difficult going into a hostile environment and

they're going to try to redeem themselves. We definitely have to be prepared mentally and physically."

Hill, second on the Eskimos in tackles with 51, said the win at home will give the team some momentum heading to Winnipeg. More than anything, however, there was a huge sigh of relief among the Eskimos.

"Oh, definitely, it was a long time coming since we had a win," Hill said. "There was that enjoyment of a win after the game. Any time you have a win, even when you do some things wrong, there's a feeling of relief, but we know we still have to improve, get better."

That's not always easy. The feeling after a loss is that you have to work harder and improve, but after a win there can be a false sense that you don't have to get any better.

So now the pressure is on the Eskimos to find a way to win back-to-back games.

The Bombers came into Edmonton on a high after upsetting the No. 1 ranked Saskatchewan Roughriders but found out quickly that they couldn't maintain the same intensity against the Eskimos.

THE CANADIAN PRESS

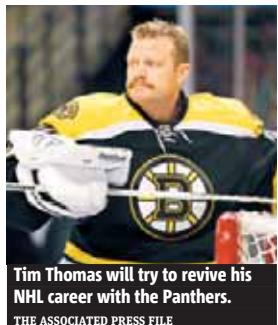
## Players released

The Eskimos released two import players Monday: defensive end Nekos Brown and offensive lineman Branden Curry.



Eskimos Almondo Sewell, left, and T.J. Hill celebrate a sack against the Winnipeg Blue Bombers during the first half of their 25-7 win on Saturday at Commonwealth Stadium. JASON FRANSON/THE CANADIAN PRESS

## Tim Thomas. Two-time Vezina Trophy winner trying out with the Panthers



Tim Thomas will try to revive his NHL career with the Panthers.

THE ASSOCIATED PRESS FILE

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a try-out deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas will be on the ice with Florida for practice Tuesday, and Panthers general manager Dale Tallon said his talks with the star of Boston's run to the 2011 Stan-

ley Cup convinced him that the move was right.

"He really wants to play and he really wants to lead and he really wants to be the starter and he wants to win and he wants to win now," Tallon said Monday while the Panthers faced Nashville in a pre-season doubleheader. "I was very impressed with him. His attitude is terrific. I liked everything that he had to say and I liked his approach."

THE ASSOCIATED PRESS

## Malcolm escapes middle

Younger Subban, Bruins double up P.K., Canadiens

Jarome Iginla's second goal of the game broke a tie and led the Boston Bruins to a 6-3 win over Montreal that gave goalie Malcolm Subban the win over his brother P.K. in NHL pre-season action Monday night.

Nick Johnson, with two, David Krejci and Zach Trotman also scored for Boston. THE CANADIAN PRESS

## Journeyman steals show

Leafs' MacIntyre the star in Flyers' win

Jonathan Bernier had the spotlight, but Drew MacIntyre was the goaltender who got Toronto Maple Leafs fans buzzing.

The journeyman managed to infuse some energy into Air Canada Centre during an otherwise listless pre-season opener against Philadelphia, making a handful of notable saves. The Flyers won 3-2 in a seven-round shootout. THE CANADIAN PRESS

4  
SPORTS

# Bernard boosts Bengals past Steelers on MNF

**NFL.** Running back scores his first two TDs to drop Pittsburgh to 0-2

An elusive rookie made all the difference by darting through the Steelers' defence.

Running back Giovani Bernard scored his first two NFL touchdowns, one of them on a short pass that he turned into a 27-yard score, and the Cincinnati Bengals beat Pittsburgh 20-10 on Monday night, extending the Steelers' early misery.

The second-round draft pick had a seven-yard touchdown run in the first half before turning a short pass from Andy Dalton into a third-quarter score — a preview of what the Bengals (1-1) could become with a pass-catching threat out of the backfield.

First-round pick Tyler Eifert also had a big play.

## Monday Night Football

**20** **10**

Bengals

Steelers

making a 61-yard catch that set up Bernard's touchdown run.

The Bengals piled up 407 yards on one of the NFL's toughest defences, holding the ball for more than 35 minutes.

Pittsburgh fell to 0-2 for the first time since 2002, done in by another game of self-destruction on offence. The Steelers had two turnovers in scoring range and couldn't hold the ball long enough to give their defence a breather, failing to get a first down on seven of their 12 possessions.

THE ASSOCIATED PRESS



Giovani Bernard of the Bengals celebrates after scoring a touchdown in the first quarter against the Steelers on Monday. KIRK IRWIN/GETTY IMAGES

## PGA

### Johnson's soggy victory sets up FedEx Cup splash

Zach Johnson is having a September to remember, and there's still one very big week to go.

In one tournament, he made a 25-foot birdie putt on his final hole to earn the last spot on the Presidents Cup team. In the next one, Johnson made a bunch of big putts in the final round of the rain-delayed BMW Championship for a 6-under 65 for a two-shot victory over Nick Watney.

Next up?

Johnson's win Monday at Conway Farms gave him the No. 4 seed going into the Tour Championship, giving him a clear shot at the FedEx Cup and its \$10-million prize.

THE ASSOCIATED PRESS



Zach Johnson THE ASSOCIATED PRESS

### MLB. Myers, Cobb lead Rays to win over former teammate, Rangers

Rookie Wil Myers homered and had three RBIs. Alex Cobb pitched eight solid innings, and the Tampa Bay Rays took the lead for the first AL wild-card spot by beating the Texas Rangers 6-2 on Monday night.

Tampa Bay and Texas started play one-half game ahead of Cleveland, which was at Kansas City, in race for the two wild-card spots.

Myers had a second-inning solo shot and hit a two-run double during a four-run fifth. Cobb (9-3) allowed two runs, six hits, one walk and had 10 strikeouts.

Matt Garza (9-6, 3-5 with Texas) gave up six runs and eight hits over 4 1/3 innings to lose his third straight start for the Rangers, who have lost seven in a row and are 2-12 in September.

The announced crowd was just 10,724. The Rays entered with the major's lowest home attendance average of 18,747.

Tampa Bay went up 6-2 in the fifth. After James Loney and Evan Longoria both had RBI singles against Garza, Myers drove in two with a double off Jason Frasor.

Garza, who was the MVP of the 2008 AL championship



The Rays' Wil Myers watches the ball leave the yard for a home run. AL MESSERSCHMIDT/GETTY IMAGES

## Happy beginnings

**9**

Rays starter Alex Cobb retired nine in a row, including four batters on strikeouts, to begin the game.

series when Tampa Bay beat Boston, pitched against the Rays for first time since being traded to the Chicago Cubs on Jan. 8, 2011. Texas obtained the right-hander from the Cubs on July 22.

THE ASSOCIATED PRESS

## CFL

### Lions prepare for life without Lulay

The B.C. Lions are preparing for the possibility that quarterback Travis Lulay won't play in a key game against Saskatchewan because of a shoulder injury, but a decision on who would take the snaps in Lulay's place is still up in the air.

B.C. coach Mike Benevides said Monday the club will prepare offensive packages for backup signal-caller Thomas DeMarco and No. 3 Buck Pierce.

"I'm going to get both of those guys, both Buck and Thomas, prepared right away," said Benevides at the club's practice facility.

DeMarco, a second-year pro, has more knowledge of B.C.'s offensive system. But Pierce, a nine-year veteran in his second stint with the Lions after being acquired in a trade from Winnipeg last week, has more CFL experience.

Benevides said he was not ready to make a declaration on who would start if Lulay can't play. Lulay was injured on the weekend while run-



Lions quarterback Travis Lulay is hit by the Alouettes' Geoff Tisdale as he rushes for a touchdown in Vancouver on Sunday. THE CANADIAN PRESS

ning for a 14-yard touchdown in a 36-14 victory over the Montreal Alouettes.

Lulay was not at the practice facility while reporters were present. Benevides said the QB was getting an MRI exam and could be examined again Tuesday. The coach hopes to be clear on Lulay's status by Wednesday, when the Lions return to practice.

"On Wednesday, I'll have a clearer idea of what I want to do," said Benevides. "We're going to get both (DeMarco and Pierce) prepared, because it's going to take both of them to win a football game."

THE CANADIAN PRESS

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	92	59	.609	—
Tampa Bay	82	67	.550	9
Baltimore	79	70	.530	12
New York	79	71	.527	12 1/2
Toronto	68	81	.456	23

#### CENTRAL DIVISION

Detroit	87	63	.580	—
Cleveland	81	69	.540	6
Kansas City	79	71	.527	8
Minnesota	64	85	.430	22 1/2
Chicago	59	91	.393	28

#### WEST DIVISION

Oakland	88	61	.591	—
Texas	81	68	.544	7
Los Angeles	72	77	.483	16
Seattle	66	84	.440	22 1/2
Houston	51	99	.340	37 1/2

#### Monday's results

Cincinnati 6 Houston 1  
Kansas City 7 Cleveland 1

Tampa Bay 6 Texas 2

Chicago White Sox 12 Minnesota 1

Detroit 4 Seattle 2

L.A. Angels at Oakland

Sunday's results

Baltimore 3 Toronto 1

Minnesota 6 Tampa Bay 4

L.A. Angels 2 Houston 1

Oakland 5 Texas 1

Cleveland 7 Chicago White Sox 1

Boston 9 N.Y. Yankees 2

Detroit 3 Kansas City 2

Tuesday's games — All times Eastern

N.Y. Yankees (Pettitte 10-9) at Toronto

(Dickey 12-12), 7:07 p.m.

Seattle (Maurer 4-8) at Detroit (Sanchez 14-7), 7:08 p.m.

Texas (Tepesch 4-6) at Tampa Bay

(Hollis 11-8), 7:10 p.m.

Baltimore (Feldman 5-4) at Boston

(Dempster 8-9), 7:10 p.m.

Cincinnati (Leake 13-6) at Houston (Lyles 7-7), 7:08 p.m.

Minnesota (Pelfrey 5-12) at Chicago

White Sox (Quintana 7-6), 8:10 p.m.

Cleveland (Kluber 9-5) at Kansas City

(Ventura 0-0), 8:10 p.m.

L.A. Angels (Richards 7-6) at Oakland

(Gray 3-3), 10:05 p.m.

#### Tuesday's games — All times Eastern

Atlanta (Minor 13-7) at Washington

(Haren 13-1), 1:05 p.m.

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Wednesday's games

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Thursday's games

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Friday's game

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Saturday's games

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Sunday's game

San Diego (Stults 8-13) at Pittsburgh

(Locke 10-5), 7:05 p.m.

Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.

San Francisco (Petit 3-0) at N.Y. Mets

(Wheeler 7-5), 7:10 p.m.

Chicago Cubs (Samaridzija 8-12) at

Milwaukee (Estrada 6-4), 8:10 p.m.

St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.

L.A. Dodgers (Greinke 14-3) at Arizona

(Corbin 14-6), 9:40 p.m.

#### Monday's results

San Diego 2 Pittsburgh 0

Philadelphia 12 Miami 2

Colorado 6 St. Louis 2

Horoscopes

**Aries**

March 21 - April 20

Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

**Taurus**

April 21 - May 21

You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

**Gemini**

May 22 - June 21

Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

**Cancer**

June 22 - July 23

You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

**Leo**

July 24 - Aug. 23

If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

**Virgo**

Aug. 24 - Sept. 23

The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

**Libra**

Sept. 24 - Oct. 23

It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

**Scorpio**

Oct. 24 - Nov. 22

Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

**Sagittarius**

Nov. 23 - Dec. 21

The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

**Capricorn**

Dec. 22 - Jan. 20

New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

**Aquarius**

Jan. 21 - Feb. 19

Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

**Pisces**

Feb. 20 - March 20

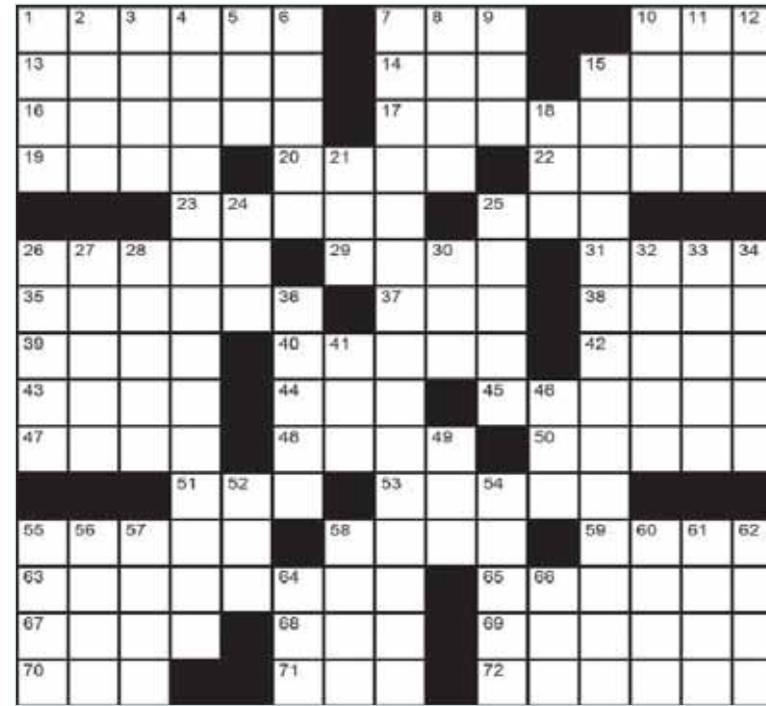
What happens today won't be wonderful exactly but neither will it be woeful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Cold War era gig: 2 wds.
7. Bouquet delivery co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, \_\_\_. \_\_.
17. Nova Scotia town
19. Mountain stat.
20. Christian denomination, for short
22. Joy of Cooking author, \_\_\_. Rombauer
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, *Life* \_\_\_: 2 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like \_\_\_ Spirit" by Nirvana
39. Wholly \_\_\_ part
40. Weight unit



53. Condo spaces
55. Actress Ms. Birch
58. Sprout
59. Bee-ish bug
63. Halved: 3 wds.
65. Meteorological map line
67. Tropical birds
68. Back the tape up, briefly
69. Composed

70. Un-light times, for short
71. Holiday \_\_\_
72. British Columbia band

Down

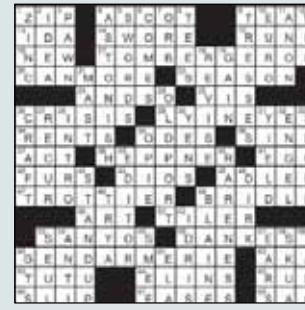
1. Reality star Ms. Richards
2. Hockey highlight
3. Hockey great, Pavel \_\_\_

4. CBC daytime show: 3 wds.
5. Hawaiian dish
6. The Alps song
7. Rita MacNeil hit: 4 wds.
8. Ms. Carrere's
9. German article
10. Grad
11. "Dancing with the Stars" pro Ms.
25. Spy for Moses

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

26. Robert Burns, and Others
27. Tote
28. Beatles song: "Glass \_\_\_"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's \_\_\_ River
34. Has it \_\_\_ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre \_\_\_
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold

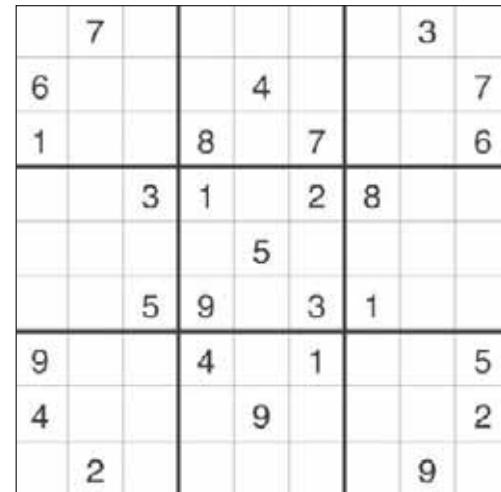
Yesterday's Crossword



Sudoku

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 19°  
MIN: 11°



MAX: 14°  
MIN: 7°



MAX: 17°  
MIN: 4°



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